**Depression**

Many things can lead to depression…weather, loneliness, and stress, health challenges. How can you help? How far can you go? I found this helpful article from Mayo Clinic that gives some good insights: [Depression](https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression/art-20045943).

Here are some steps to help those women with whom you are engaging:

**Know Yourself**: Take stock of your own life first. How are you doing in coping with your own stress?

**Know your Friend**: What are the causes of the stress/depression? Are their steps you can help your friend take like engaging with others, talking through her challenges, or simply changing some habits?

**Know when to refer**: Often, by the time you realize there’s an issue, professional help is needed. Have a list of trusted counselors to which you can refer friends when needed.